



# Northwood Junior High Relays

Northwood Junior High

Northwood High School, April 23, 2016

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*Welcome to the 2<sup>nd</sup> annual Northwood Junior High Relays. Here are some things you might want to know.*

**Teams:** There will be six teams: Gibsonburg, Lakota, North Baltimore, Northwood, Ottawa Hills, and Van Buren

**Scratches:** **Please check the enclosed program. Make sure all your names, times, and distances are shown correctly.** If there are any corrections, changes, scratches, or substitutions, please come to the press box before the coaches' meeting if possible. We will, however, accept changes throughout the meet if necessary.

**Meeting:** There will be a short coaches' meeting at 9:40 in the press box. There will also be snacks and drinks available through the day in the press box for the coaches and officials as well.

**Individual:** All of these will be run in one heat, with the exception of the 100 M Dashes. Those will be run as finals in two heats, with the second heat being the fastest. Runners can score from either heat.

**Relays:** All relays have been seeded into lanes in a single heat, based on submitted times. Please use your own batons.

**Facilities:** We have a 8-lane all-weather track, with all-weather surfaces on the jumping surfaces as well. Please use 1/8 or 1/4 inch spikes. Tape or washable chalk is acceptable for marking the jumps, and tennis balls or washable chalk should be used for relays. Northwood will supply starting blocks.

**Zones:** We are asking that coaches help judge exchange zones during the relays. You will be responsible for your assigned zone for each relay that uses that zone. Please report to the exchange zone assigned. Flags will be provided.

Zone 1: Van Buren, Lakota, Gibsonburg

Zone 2: Northwood, Ottawa Hills

Zone 3: North Baltimore

**Heights:** We will use the following starting heights: Girls HJ 3'4", Boys HJ 3'10"

**Concessions:** We will have our concession stand open.

**Scoring:** Since there are 6 teams, we will score 6 places for individual events, 10-8-6-4-2-1. We will score 5 places in the relay events, 10-8-6-4-2.

**Awards:** There will be champion team trophies for both boys and girls. Individually, medals will be given for 1<sup>st</sup> place, with ribbons for 2<sup>nd</sup> through 5<sup>th</sup>.

**Results:** Results will be available in the press box at the conclusion of the meet. They will also be posted on baumspace.

## **Schedule**

### **Field events**

All field events will be relays with up to 3 athletes on a team. The team place will be determined by adding the best individual effort from each of the three (or fewer) competing athletes. If there is a tie, the first tie breaker will be the team with the best individual effort. If a tie remains in the vertical events, the next tie breaker will be total number of misses. If the tie still isn't broken, then it's a tie!

### **Field Events (10:00 AM)**

|                 |  |
|-----------------|--|
| Boys High Jump  | The high jump will be run "5 alive."   |
| Girls Long Jump | The long jump will be open pit girls followed by open pit boys                       |
| Boys Shot put   | The shot put will be separated into 2 flights, keeping teammates in the same flight. |
| Girls Discus    | The discus will be separated into 2 flights, keeping teammates in the same flight.   |

Remaining field events will be run upon completion of the others. Please use your own implements.

### **Individual Running Events (11:00 AM)**

Girls 1600 M Run  
Boys 1600 M Run  
Girls 100 M Hurdles  
Boys 110 M Hurdles  
Girls 100 M Dash  
Boys 100 M Dash

(30-minute break)

### **Relay Events (approximately 12:15 PM)**

Girls events will be first, followed by boys

4 X 100 M Relay  
1600 M Medley Relay (200, 200, 400, 800) (2 turn stagger)  
800 M Sprint Medley Relay (100, 100, 200, 400) (2 turn stagger)  
Distance Medley Relay (800, 400, 1200, 1600) (2 turn stagger)  
4 X 200 M Relay  
4 X 400 M Relay